

REMEMBER WHEN ...

1950s

- You wore your favorite poodle skirt and a scarf around your neck with your two-toned saddle shoes and bobby socks.
- You met your beau at the malt shop and listened to your favorite songs on the jukebox.
- You dreamed of being on American Bandstand with Dick Clark.

1960s

- You heard Martin Luther King's "I Have a Dream" speech.
- You saw Apollo 11 land on the moon and took one small step for man and one giant leap for mankind.
- Everything you wore was psychedelic colors and flower power was groovy.

1970s

- You rushed to McDonalds to get a Big Mac and fries.
- You wore bell-bottoms pants and halter-tops.
- You waited in long lines at the gas station because of the oil shortage.

1980s

- You heard these famous quotes, "Read My Lips: Just Do It but Just Say No."
- You rushed to the movie theatre to see Star Wars.
- You heard about a new killer virus, AIDS.
- You wore your hair as high and as big as you could get it.

1990s

- OJ Simpson was exonerated for murdering his former wife and her boyfriend.
- You wore ripped and holey jeans.
- You stayed up late to watch the X-Files.



CELEBRATING 50 YEARS: MEMORIES, LEADERSHIP, AND NETWORKING

Many changes were taking place in the 1950's -- most notably for nursing was the formation of the Missouri League for Nursing in 1953. The 50's were a nostalgic time of rock and roll music, a transition to a more informal and casual style of clothing, blue-collar jobs, and etiquette was taught in "Civics" class. Nursing had many changes too. Remember when you wore your nursing cap to work, sterilized needles, syringes, and gloves, and blood pressure was checked on the arm, not the finger. We've come a long way over the past 50 years and we want you to celebrate with us.

Join us by attending the Missouri League for Nursing's 50th Anniversary Annual Convention, April 9-11, 2003, at Tan-Tar-A Resort in Osage Beach. We will look back over the past 50 years at where we've been and look forward to what the future holds during the next 50 years.

This conference will bring together 13 expert presenters who will present 17 sessions that are sure to revitalize and prepare you personally and professionally. We hope you will take advantage of this opportunity to enhance your professional skills as well as be inspired and motivated to provide quality care for your patients and residents.

WEDNESDAY, APRIL 9, 2003

- 12:00 p.m. Convention Registration
1:15 p.m. Welcome Remarks
1:30 p.m. **OPENING SESSION – HILARITY THERAPY** (1.2 contact/1(A) clock hour)
John Irvin, CSP
This session will provide a team building and stress management experience that will boost the morale and motivation of the individual, morale at the work site, and improve self-health management. This positive learning experience will emphasize a positive attitude as being fundamental for positive life experiences.
- 2:30 p.m. Break
2:45 p.m. **CONCURRENT SESSIONS**
Session A: JUGGLING FOR HIGHER ACHIEVEMENT (2.4 contact/2(A) clock hours)
John Irvin, CSP
- Engage in an interactive session that teaches you to juggle
 - Demonstrate that any difficult task can be mastered if it is approached in a step by step manner
 - Discuss how to overcome difficult and overwhelming experiences with a positive mental attitude and the skill of focusing on one element at a time
- Session B: PALLIATIVE CARE DILEMMAS: MAKING THE RIGHT CHOICES** (2.4 contact/2(PC) clock hours)
Kathleen Riggio, RN
- Discuss creating the "Sacred Space" at the end of life
 - Examine the choices for aggressive treatment vs. comfort measures
 - Discuss the emotional, social, spiritual, and physical issues for patients when being discharged to an extended care facility or home
- Session C: NURSING ETHICS** (Educator topic - 2.4 contact/No clock hours)
Nelda Godfrey, PhD, RN
- Identify barriers to integrating ethical theory and models in nursing education
 - Discuss research-based findings on students' perceptions of ethical theory and application in educational settings
 - Describe four strategies for effectively incorporating ethics in nursing curricula
 - Discuss the importance of imprinting and modeling when teaching and doing ethics
- 4:45 p.m. **Opening Reception – Exhibits Open**
Dress for the Decade – Walk down memory lane in your favorite outfit from the 1950s, 60s, 70s, 80s or 90s. Come dressed in style and strut your stuff!
- 5:00 p.m. **Nursing Scholarship Auction**

THURSDAY, APRIL 10, 2003

- 8:00 a.m. Registration/Coffee and Pastries/Exhibit Viewing
8:45 a.m. Opening Remarks
9:00 a.m. **KEYNOTE — PULLING MY OWN LITTLE RED WAGON** (1.2 contact/1(A) clock hour)
Odie Dickens, BA
Doing a good job, at home and at work, feeling confident and not overwhelmed, using your energy in the most effective ways...all begin right in your core...in your "Little Red Wagon." This



1953 - 2003

session will help you drop wagons which are not yours to pull; identify the extra weight you are hauling around; learn how to care for your own wagon, load it, and pull it in the right direction with energy and enthusiasm.

10:00 a.m. Break/Exhibit Viewing

10:30 a.m. **CONCURRENT SESSIONS**

Session A: BRIDGING THE GAP...HOW TO CONNECT WITH PEOPLE (1.8 contact/1.5(A) clock hours)

Odie Dickens, BA

- Analyze the reciprocal nature of effective communication
- Explain the importance of non-verbal communication
- Examine the impediments to listening
- Formulate a rationale for confronting without being confrontational

Session B: DEMENTIA - SLOWING THE DISEASE PROCESS (1.8 contact/1.5(PC) clock hours)

Phil King, PharmD, CGP, FASCP

- Understand the disease process and natural course of Alzheimers disease and other related dementias
- Become familiar with current treatment options for slowing progression of dementing illness and realistic treatment goals
- Review treatment strategies for managing different symptomatic domains in dementia

Session C: EXPLORING NEW APPROACHES TO CLINICAL EDUCATION, PART I

(Educator topic - 1.8 contact hours/No clock hours)

Eileen Zungolo, RN, EdD, NLN President

- Identify the primary learning sought in clinical experiences
- Describe barriers to clinical learning in traditional settings
- Explore the motivation for continuing with unproductive methods

12:00 p.m. **MLN Awards Luncheon/Business Meeting/Exhibit Viewing**

1:45 p.m. **CONCURRENT SESSIONS**

Session A: TAKING CARE OF LATINOS(1.8 contact/1.5(A) clock hours)

Gabriel Rachell, MA

- Discuss the national origin, socio-economic status, and immigration status of Latinos in the U.S.
- Examine cultural traits of Latinos and draw parallels with your own cultural traits
- Provide a mini-Spanish lesson and complete a blank chart of the human body

Session B: INFECTION RISK ASSESSMENT (1.8 contact/1.5(PC) clock hours)

Lynn Meyer, RN, BSN, MPH, CIC

- Update on OSHA bloodborne pathogen and tuberculosis status
- Review newly revised guidelines from the Center for Disease Control related to infection control issues
- Discuss antibiotic resistant organisms and current ID issues

Session C: EXPLORING NEW APPROACHES TO CLINICAL EDUCATION, PART II

(Educator topic - 1.8 contact/No clock hours)

Eileen Zungolo, RN, EdD, NLN President

- Describe extent to which technology has modified teaching
- Identify alternative learning approaches for clinical learning
- Commit to the use of at least one new approach

3:15 p.m. Break

3:30 p.m. **GENERAL SESSION – CENSUS BUREAU REPORT ON HEALTH CARE** (1.8 contact/1.5(A) clock hours)

Daryl Hobbs, PhD

The 1990s were a decade of significant demographic and economic changes in Missouri. This presentation will focus on graphic displays of many of those changes and how they have affected the need and demand for health care services.

5:00 p.m. **Cosmic Bowling at TTA – Optional**

FRIDAY, APRIL 11, 2003

7:30 a.m. Registration

7:45 a.m. **KEYNOTE – SUCCESS STARTS WITH ATTITUDE** (1.2 contact/1(A) clock hour)

James Malinchak, BA, Contributing Author for "Chicken Soup for the Soul"

Everyone needs to be reminded of the importance of attitude and how it affects the success of an organization and an individual. This motivational, humorous, and high-energy message will help to refuel, recharge, and reenergize you by helping you examine the importance of maintaining a positive attitude, making the right choices in difficult situations, working as a team with co-workers, and much more!

9:15 a.m. **CONCURRENT SESSIONS**

Session A: PSYCHO SOCIAL ASPECTS OF AGING (1.8 contact/1.5(PC) clock hours)

Novella Perrin, PhD

- Identify major personality theories of older adults
- Discuss factors that contribute to personality changes in older adults
- Review commonly used defense mechanisms
- Identify major mental health issues facing older adults

Session B: HOT TOPICS IN GERIATRIC NUTRITION (1.8 contact/1.5(PC) clock hours)

JoAnn Augsburg-Jana, RD, LD

- Discuss squeezing the truth out of diabetic misconceptions
- Present new developments in dysphagia treatment
- Review person centered care in long term care

Session C: PAIN MANAGEMENT FOR THE NURSING HOME RESIDENT (1.8 contact/1.5 (PC) clock hours)

Carolyn Spradlin, RN, BSN, CPHQ

- Discuss myths and incorrect knowledge about pain
- Discuss team function for developing a pain management process
- Describe ways to integrate pain relief information with care plans and other facility tasks

11:00 a.m. **CLOSING SESSION - TASTE OF INSPIRATION** (1.2 contact/1(A) clock hour)

James Malinchak, BA, Contributing Author for "Chicken Soup for the Soul"

In this inspiring keynote, you will be led through heart-felt "Chicken Soup" stories while receiving an uplifting message sure to touch the heart and soul. James mixes inspirational stories with humor and an educational message to uplift audiences so they can experience a rewarding personal and professional life.

12:30 p.m. Board Luncheon and Meeting

SOCIAL ACTIVITIES: Go through your closets and look for your favorite clothes from the 1950s, 60s, 70s, 80s, or 90s. Dress for the Decade and strut your stuff. Prizes will be awarded to the outfit that most depicts the decade. The nursing scholarship auction will take place immediately following the reception on Wednesday evening. ***Help support nursing scholarships by donating new and/or quality used items for the auction.***

Cosmic bowling is available for those of who want to spend some time bowling, with a twist. Have you ever tried bowling backwards, on your knees, or with your feet...here's your chance to take a break from your normal routine and have a blast bowling to disco lights and being silly. The Tan-Tar-A bowling alley is ready for the fun-filled evening. The cost is \$3.00 per game, plus \$1.75 shoe rental.

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Tan-Tar-A Resort, Osage Beach, MO ● (573) 358-3131 or (800) 826-8272 ● Make lodging reservation before March 7, 2003

CONVENTION SPONSORS

We would like to acknowledge and thank the following MLN convention sponsors:

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Send in your registration (postmarked) by December 31, 2002 and receive a \$25 discount. Check the discount box on the registration form and subtract \$25 from your registration fee.